

A photograph of a sunset over the ocean, with the sun low on the horizon, casting a golden glow across the sky and water. The sky is filled with soft, white and orange-tinted clouds. The ocean is dark with white foam from breaking waves. In the foreground, there are dark, jagged rocks. A large, thick, dark blue curved line sweeps across the bottom half of the image, framing the text below.

SUPPORTIVE CARE EVENTS AND GROUPS

SEPT - DEC 2024

welcome

TO OUR AUTUMN PROGRAMME

of events and groups, intended to offer families emotional support and enhance wellbeing. From a late summer Cream Tea in September to a Winter Warmer as the evenings draw in and nature begins to hibernate again. We hope you will find just the thing to support your spirits and wellbeing over the coming months.

If you would like more information about any of these groups and activities, please give us a call on 01271 347225. We look forward to seeing you at Deer Park and The Long House.

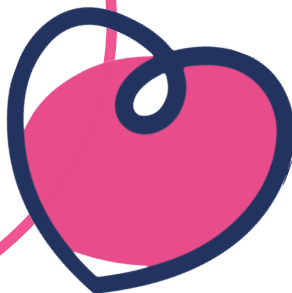
With love,
The Supportive Care Team

EVENT AND GROUP LOCATIONS

Deer Park
Deer Park Road
Newport
Barnstaple
EX32 0HU

The Long House
Dobles Lane
Holsworthy
EX22 6GH

Tel: 01271 347225





EVENTS AND GROUPS



WELCOME TO THE HOSPICE

This is an introductory session for patients and/or family members recently referred to the Hospice, held at our main site at Deer Park. It is an opportunity to get a better understanding of what services and support the Supportive Care Team provide for both patients and their families. This is a chance to meet others from your community experiencing similar journeys.

For: Patients and their families

Welcome Mornings: Tuesday 3rd September, Monday 7th October, Tuesday 5th November and Monday 2nd December, from 11am - 12:30pm with an invitation to stay for lunch.

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.



PATIENTS GROUP

A facilitated talking therapy group in which patients can share their experiences and explore how they are feeling with others in similar situations.

For: Patients at Deer Park

Held weekly for 5 weeks. New group starting Wednesday 18th September and then again on Wednesday 6th November from 11am – 12:30pm (we ask all attendees to join in week one or two) Please arrive in good time to be ready to start at 11am.



CARERS GROUP

A facilitated talking therapy group in which carers can share their experiences and explore how they are feeling with others in similar situations.

For: Carers at Deer Park

Held weekly for 5 weeks. New group starting Wednesday 18th September and then again on Wednesday 6th November from 11am – 12:30pm (we ask all attendees to join in week one or two). Please arrive in good time to be ready to start at 11am.



BEREAVEMENT GROUP

A facilitated therapeutic space for those who have been recently bereaved. The group creates a safe space for people to share their experiences and feelings with others who are also experiencing loss.

For: People bereaved within the last year at Deer Park

Held weekly for 6 weeks, starting Monday 28th October from 2pm – 3:30pm (we ask all attendees to join in week one or two). Please note these sessions continue to Monday 9th December (there is no group on Monday 11th November) Please arrive in good time to be ready to start at 2pm.

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.



ELEVENSES IN THE TERRACE CAFÉ

This is an informal get-together for those who have been bereaved. Join us to meet others and chat over a cuppa. No need to book, just come along between 10:30am and 11:30am.

For: Bereaved people at Deer Park

Held monthly on Monday 9th September, Monday 14th October, Monday 11th November and Monday 9th December.

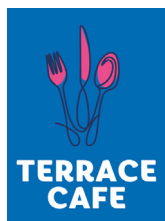


TOGETHER IN THE ART ROOM

This is a relaxed welcoming space to enjoy making and creating. You may wish to bring a project from home, make a unique gift for someone special, capture a memory, or simply express how you are today.

For: Patients and carers at Deer Park

Held weekly for 6 weeks, starting Thursday 15th August and again on Thursday 10th October, from 2pm – 3:30pm.



TERRACE CAFÉ - LUNCH CLUB

This is an opportunity to meet and catch up with others over a relaxed meal in our café. You are more than welcome to come on your own or with a companion. Lunch is free and open to all patients, carers and a guest.

For: Patients and guest at Deer Park

Held monthly on Monday 30th September, Monday 28th October, Monday 25th November and Christmas Lunch Club on Thursday 12th December, from 12pm – 1:30pm.



SOCIAL EVENT – AFTERNOON CREAM TEA

This is an opportunity to meet and catch up with others over a relaxed cream tea. You are more than welcome to come on your own or with family. This event is free and open to all patients and their families.

For: Patients, carers and families at Deer Park

Held Wednesday 25th September from 2:30pm-4pm

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.



SOCIAL EVENT – WINTER WARMER

Come for a warming winter meal, maybe play a board game, and have time to get to know others in our hospice community. You are more than welcome to come on your own or with family.

For: Patients, carers and families at Deer Park

Held Wednesday 27th November from 4:30pm-6pm in the Terrace Café.



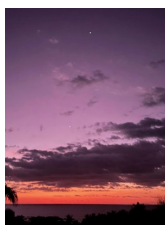
FAMILY EVENTS

Events for children and families connected to the hospice, held in the school holidays. These days are designed for children and families to get together, to share experiences and express feelings creatively.

Weather permitting, these events will be held outside, exploring the gardens and using nature as inspiration.

For: Children and their families connected to the hospice

Tuesday 29th October, 11am -2pm. Lunch included.



TWILIGHT GROUP

This is a facilitated creative therapeutic space for children. We offer a space for children and an adult family member to share their experiences and express themselves creatively.

For: Children and a family member at Deer Park.

Patients can come if they are well enough to attend.

Held on Tuesdays from 4pm – 6pm, 17th September, 15th October and 19th November.

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.



MINDFULNESS WELLBEING

Simple, down-to-earth mind/body wellness sessions using mindfulness, yoga, and qi gong to nourish, manage and support quality of life. Suitable and inclusive for everyone - especially when you feel you can't or don't want to!

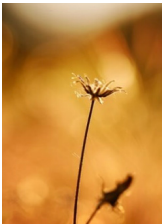
You will be guided to learn and experience different techniques that can help to improve quality of life, such as:

- Stability, inner calm, acceptance and balance
- Fatigue, symptom and pain management
- Deep relaxation, restoration and emotional solace
- Anxiety, stress, agitation and other challenging mind states
- Self-confidence, motivation & independence
- Concentration, perception & focus
- Joint mobility, strength, co-ordination, & flexibility...

All while enjoying company in a supportive, welcoming group.

For: Open to patients and carers, at Deer Park

Held for 5 weeks, on Thursdays from 11am – 12:30pm, starting on 5th September and again on 31st October.



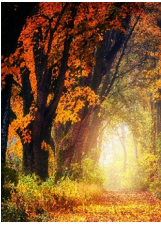
QUIET SPACE

A whole day of silence and spiritual reflection in the tranquil surroundings of Deer Park – being still, allowing ourselves to settle and bringing our attention to what we are as human beings, beyond our busy minds.

For: Open to patients, carers and bereaved people, at Deer Park

Thursday 26th September from 11am – 3pm. Lunch is included.

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.



INTRODUCTION TO MINDFULNESS COURSE

Many people hear the word 'Mindfulness' and have no idea what it's about. Mindfulness is a way of settling our attention, and quite simply coming to rest, more deeply than we might normally.

We invite you to our Introduction to Mindfulness course, which is for anyone curious to explore the benefits. There is an opportunity to experience it for yourself and ask questions over a cup of tea and a slice of cake. If you like it, you're very welcome to attend any of our online or face to-face-sessions.

Open to all, at Deer Park

Held weekly on Monday 2:15pm-3:30pm, for 4 weeks, starting 23rd September

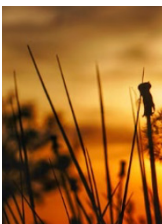


THE BENEFITS OF MINDFULNESS - A TASTER SESSION

This session will be a little like an introduction, but will look more specifically at the many different ways Mindfulness can help us (including with anxiety and stress and busy minds and lives). It will be quite a factual session but we will do a few smaller mindfulness practices to give you some sense of what we do in our regular sessions. Come and find out how Mindfulness might help you over a cup of tea or coffee and a piece of cake.

For: Open to all, at Deer Park.

Held on Tuesday 26th November from 2:15pm-3:30pm



WEEKLY MINDFULNESS PRACTICE

Guided Sessions in which we sit quietly and allow our attention to settle. Guided mindfulness meditations are used to create a calm and nourishing space; there is space to look at any thoughts, feelings and questions about loss, dying and death that you may have.

For: Open to all, at Deer Park

Held on Tuesdays either online (to access from home) or at Deer Park, see calendar for details for dates and times.

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.



TIME TOGETHER AT THE LONG HOUSE

This provides a social space to come together with others, as well as providing an opportunity to meet with our team for advice and support. And of course, a chance to eat cake!

For: Patients and Carers, at The Long House

Held monthly on Tuesday 10th September, Tuesday 8th October, Tuesday 12th November and Tuesday 10th December from 2pm – 4pm.



WELLBEING DAYS

These days offer space for rest and relaxation, a chance to experience complementary therapies and time to talk with others in the tranquil surroundings of The Long House. A light lunch is provided.

For: Patients and carers at The Long House

Held monthly Thursday 19th September, Thursday 17th October, Thursday 21st November from 10:30am – 3pm. Please phone to book; places are limited and we do our best to ensure everyone who wishes to come has a chance to attend at least one Wellbeing Day.

LET'S TALK ABOUT...

This is a space to gain knowledge and understanding about topics important to you or your family at what can be a confusing time. It is an opportunity to raise questions, as well as promote discussion with specialists in the subject.

We are keen to hear from you if there are topics you would like us to cover. If this is the case, please contact Supportive Care on 01271 347225.

For: As these are often conversations we all need to have, some sessions are open to the public as well as Patients and Carers. Please call to enquire.

Thursdays from 11am – 12:30pm – Let's talk about...

All Things Food	–	Thursday 19th September
...to be confirmed	–	Thursday 17th October
Funeral Options	–	Thursday 21st November

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

To book on to any of the groups or sessions on offer please call Supportive Care on 01271 347225. Booking is essential. Please call us and we can chat about what is available and what might best support your needs.

SEPTEMBER

Tuesday 3rd	11:00 – 12:30pm	Welcome to the Hospice Followed by lunch in the Terrace Café Deer Park Newly referred families
Thursday 5th	11:00 – 12:30pm	Mindful Wellbeing Deer Park Patients and Carers
	2:00 – 3:30pm	Together in the Art Room Deer Park Patients and family
Monday 9th	10:30 – 11:30am	Elevenes Deer Park Bereaved
Tuesday 10th	2:00 – 4:00pm	Time together at The Long House The Long House, Holsworthy Patients and carers
Thursday 12th	11:00 – 12:30pm	Mindful Wellbeing Deer Park Patients and carers
	2:00 – 3:30pm	Together in the Art Room Deer Park Patients and family
Tuesday 17th	2:15 – 3:30pm	Mindfulness in the Retreat Deer Park Open to All
	4:00 – 6:00pm	Twilight Group Deer Park Children and a family member (Patients can attend if well enough)

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

Wednesday 18th	11:00 – 12:30pm	Patients Group Week 1 of 5 Deer Park Patients
	11:00 – 12:30pm	Carers Group Week 1 of 5 Deer Park Carers
Thursday 19th	11:00 – 12:30pm	Let's talk about... All things food. Deer Park Patients, carers and the public
	11:00 – 3:30pm	Wellbeing Day The Long House, Holsworthy Patients and carers
	11:00 – 12:30pm	Mindful Wellbeing Deer Park Patients and Carers
	2:00 – 3:30pm	Together in the Art Room Deer Park Patients and family
Monday 23rd	2:15 – 3:30pm	Introduction to Mindfulness Week 1 of 4 Deer Park Open to All
Tuesday 24th	2:00 – 3:00pm	Mindfulness on Teams Deer Park Open to All
Wednesday 25th	11:00 – 12:30pm	Patients Group Week 2 of 5 Deer Park Patients
	11:00 – 12:30pm	Carers Group Week 2 of 5 Deer Park Carers
	2:30 – 4:00pm	Cream Tea Deer Park Patients, carers and families

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

Thursday 26th	11:00 – 3:00pm	Quiet Space Deer Park Open to All
Monday 30th	12:00 – 1:30pm	Lunch Club – Terrace Café Deer Park Patients and their guest
	2:15 – 3:30pm	Introduction to Mindfulness Week 2 of 4 Deer Park Open to All

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

OCTOBER

Tuesday 1st	2:15 - 3:30pm	Mindfulness in the Retreat Deer Park Open to All
Wednesday 2nd	11:00 - 12:30pm	Patients Group Week 3 of 5 Deer Park Patients
	11:00 - 12:30pm	Carers Group Week 3 of 5 Deer Park Carers
Thursday 3rd	11:00 - 12:30pm	Mindful Wellbeing Deer Park Patients and carers
Monday 7th	11:00 - 12:30pm	Welcome to the Hospice Followed by lunch in the Terrace Café Deer Park Newly referred patients and families
	2:15 - 3:30pm	Introduction to Mindfulness Week 3 of 4 Deer Park Open to All
Tuesday 8th	2:00 - 4:00pm	Time Together at The Long House The Long House, Holsworthy Patients and carers
Wednesday 9th	11:00 - 12:30pm	Patients Group Week 4 of 5 Deer Park Patients
	11:00 - 12:30pm	Carers Group Week 4 of 5 Deer Park Carers

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

Thursday 10th	11:00 – 12:30pm	Mindful Wellbeing Deer Park Patients and carers
	2:00 – 3:30pm	Together in the Art Room Deer Park Patients and family
Monday 14th	10:30 – 11:30am	Elevenes Deer Park Bereaved
	2:15 – 3:30pm	Introduction to Mindfulness Week 4 of 4 Deer Park Open to All
Tuesday 15th	2:15 – 3:30pm	Mindfulness in the Retreat Deer Park Open to All
	4:00-6:00pm	Twilight Group Deer Park Children and guardians (Patients can attend if well enough)
Wednesday 16th	11:00 – 12:30pm	Patients Group Week 5 of 5 Deer Park Patients
	11:00 – 12:30pm	Carers Group Week 5 of 5 Deer Park Carers
Thursday 17th	11:00 – 12:30pm	Let's talk about... To be confirmed Deer Park Patients, carers and the public
	11:00 – 3:30pm	Wellbeing Day The Long House, Holsworthy Patients and carers
	2:00 – 3:30pm	Together in the Art Room Deer Park Patients and family

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

Tuesday 22nd	2:00 – 3:00pm	Mindfulness on Teams Deer Park Open to All
Thursday 24th	2:00 – 3:30pm	Together in the Art Room Deer Park Patients and family
Monday 28th	12:00 – 1:30pm	Lunch Club – Terrace Café Deer Park Patients and their guest
	2:00 – 3:30pm	Bereavement Group Week 1 of 6 Deer Park Bereaved
Tuesday 29th	11:00 – 2:00pm	Family Event Deer Park Patients and family
Thursday 31st	11:00 – 12.30pm	Mindful Wellbeing Deer Park Patients and carers
	2:00 – 3:30pm	Together in the Art Room Deer Park Patients and family

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

NOVEMBER

Monday 4th	2:00 – 3:30pm	Bereavement Group Week 2 of 6 Deer Park Bereaved
Tuesday 5th	11:00 – 12.30pm	Welcome to the Hospice Followed by lunch in the Terrace Cafe Deer Park Newly referred patients and families
	2.15 – 3.30pm	Mindfulness in the Retreat Deer Park Open to All
Wednesday 6th	11:00 – 12:30pm	Patients Group Week 1 of 5 Deer Park Patients
	11:00 – 12:30pm	Carers Group Week 1 of 5 Deer Park Carers
Thursday 7th	11:00 – 12.30pm	Mindful Wellbeing Deer Park Patients and carers
	2:00 – 3:30pm	Together in the Art Room Deer Park Patients and family
Monday 11th	10.30 – 11.30am	Elevenes Deer Park Bereaved
Tuesday 12th	2:00 – 4:00pm	Time together at The Long House The Long House, Holsworthy Patients and carers
	2.00 – 3.00pm	Mindfulness on Teams Deer Park Open to All

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

Wednesday 13th	11:00 – 12:30pm	Patients Group Week 2 of 5 Deer Park Patients
	11:00 – 12:30pm	Carers Group Week 2 of 5 Deer Park Carers
Thursday 14th	11:00 – 12.30pm	Mindful Wellbeing Deer Park Patients and carers
	2:00 – 3:30pm	Together in the Art Room Deer Park Patients and family
Monday 18th	2:00 – 3:30pm	Bereavement Group Week 3 of 6 Deer Park Bereaved
Tuesday 19th	2:15 – 3:30pm	Mindfulness in the Retreat Deer Park Open to All
	4:00-6:00pm	Twilight Group Deer Park Children and a family member (patients can attend if well enough)
Wednesday 20th	11:00 – 12:30pm	Patients Group Week 3 of 5 Deer Park Patients
	11:00 – 12:30pm	Carers Group Week 3 of 5 Deer Park Carers
Thursday 21st	11:00 – 12:30pm	Let's talk about... Funeral options Deer Park Patients, carers and the public
	11:00 – 3:30	Wellbeing Day The Long House, Holsworthy Patients and carers

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

	2:00 – 3:30pm	Together in the Art Room Deer Park Patients and family
Monday 25th	12:00 – 1:30pm	Lunch Club – Terrace Café Deer Park Patients and their guest
	2:00 – 3:30pm	Bereavement Group Week 4 of 6 Deer Park Bereaved
Tuesday 26th	2:15 – 3:30pm	Taster: Intro to the benefits of Mindfulness Deer Park Open to All
Wednesday 27th	11:00 – 12:30pm	Patients Group Week 4 of 5 Deer Park Patients
	11:00 – 12:30pm	Carers Group Week 4 of 5 Deer Park Carers
	4:30 – 6:00pm	Winter Warmer Event Deer Park Patients and their family
Thursday 28th	11:00 – 12:30pm	Mindful Wellbeing, Deer Park Patients and carers

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

DECEMBER

Monday 2nd	11:00 – 12:30pm	Welcome to the Hospice Followed by lunch in the Terrace Café Deer Park Newly referred families
	2:00 – 3:30pm	Bereavement Group Week 5 of 6 Deer Park Bereaved
Tuesday 3rd	2:15 – 3:00pm	Mindfulness in the Retreat Deer Park Open to All
Wednesday 4th	11:00 – 12:30pm	Patients Group Week 5 of 5 Deer Park Patients
	11:00 – 12:30pm	Carers Group Week 5 of 5 Deer Park Carers
Thursday 5th	11:00 – 12:30pm	Mindful Wellbeing Deer Park Patients and Carers
Monday 9th	10:30 – 11:30am	Elevenes Deer Park Bereaved
	2:00 – 3:30pm	Bereavement Group Week 6 of 6 Deer Park Bereaved
Tuesday 10th	2:00 – 4:00pm	Time together at The Long House The Long House, Holsworthy Patients and carers
Thursday 12th	12:00 – 1:30pm	Christmas Lunch Club Deer Park Patients and their guest
Tuesday 17th	2:00 – 3:00pm	Mindfulness on Teams Deer Park Open to All

Please call Supportive Care on 01271 347225 to express an interest in joining any groups or sessions. Places are limited so booking is essential.

THIS IS IT

Always we hope
someone else has the answer.
Some other place will be better,
some other time
it will all turn out.
This is it.
No one else has the answer.
No other place will be better,
and it has already turned out.
At the centre of your being you have the answer;
you know who you are and you know what you want.
There is no need
to run outside
for better seeing.
Rather abide at
the centre of your being;
for the more you leave it
the less you learn.

Lao-Tzu, Author of Tao Te Ching

